

# COSTA COFFEE.

## Smart Café – Nutrition Guide

### HOT DRINKS

Drink Name	Energy (kJ)	Total Calories (cal)	Total Fat (g)	Saturated Fat (g)	Trans fat (g)	Cholesterol (g)	Sodium (g)	Total carbohydrate (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
<b>Shorts</b>											
Espresso	16	4	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Double Espresso	22	6	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Cortado	171	41	1.5	0.9	0.0	4.3	0.1	4.3	0.0	4.0	3.1
Espresso Lungo	16	4	0.1	0.0	0.0	0.0	0.0	0.6	0.0	0.3	0.3
Espresso Macchiato	113	27	1.0	0.6	0.0	0.0	0.05	2.9	0.0	2.7	2.1
Double Espresso Macchiato	120	29	1.0	0.6	0.0	0.0	0.05	3.1	0.0	2.8	2.2
Ristretto	15	4	0.1	0.0	0.0	0.0	0.0	0.5	0.0	0.3	0.3
<b>12oz Drinks</b>											
Cappuccino	406	96	3.5	2.2	0.0	15.0	0.20	10.0	0.0	9.7	7.3
Latte	572	135	5.0	3.1	0.0	25.0	0.29	14.0	0.0	13.7	10.3
Mocha	699	166	3.5	2.1	0.0	10.0	0.26	26.1	0.0	23.2	7.4
Hot Chocolate	771	182	4.1	2.6	0.0	10.0	0.30	27.7	0.0	25.1	7.6
Flat White	392	93	3.1	2.0	0.0	14.0	0.22	10.3	0.0	10.1	7.0
Chai Latte*	631	149	5.1	3.3	0.0	25.0	0.30	16.9	0.0	16.5	10.5
Black Americano	20	6	0.2	0.0	0.0	0.0	0.00	0.7	0.0	0.4	0.4
White Americano	274	65	2.4	1.4	0.0	10.0	0.13	6.8	0.0	6.5	4.9
<b>16oz Drinks</b>											
Cappuccino	469	111	4.1	2.5	0.0	20.0	0.23	11.5	0.0	11.2	8.4
Latte	719	170	6.3	4.0	0.0	30.0	0.36	17.5	0.0	17.2	12.9
Mocha	905	214	4.4	2.7	0.0	10.0	0.32	34.2	0.0	30.3	9.3
Hot Chocolate	963	227	5.0	3.1	0.0	15.0	0.36	35.4	0.0	31.8	10.4
Chai Latte*	775	183	6.0	3.9	0.0	30.0	0.35	22.0	0.0	21.2	12.3
Long Black Americano	26	7	0.2	0.0	0.0	0.0	0.00	0.9	0.0	0.5	0.5
Long White Americano	338	81	2.9	1.8	0.0	15.0	0.16	8.4	0.0	8.0	6.1

## ICED/COLD DRINKS

Drink Name	Energy (kJ)	Total Calories (cal)	Total Fat (g)	Saturated Fat (g)	Trans fat (g)	Cholesterol (g)	Sodium (mg)	Total carbohydrate (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
<b>12oz Drinks</b>											
Milk Cooler*	436	<b>103</b>	3.4	2.2	0.0	10.0	0.20	12.2	0.0	11.8	7.0
<b>16oz Drinks</b>											
Iced Cappuccino	426	<b>101</b>	3.7	2.3	0.0	20.0	0.21	10.5		10.2	7.7
Iced Latte	485	<b>115</b>	4.2	2.6	0.0	30.0	0.24	11.9		11.6	8.7
Iced Mocha	797	<b>189</b>	4.4	2.7	0.0	10.0	0.30	28.5		25.6	9.1
Iced Chocolate	829	<b>196</b>	4.7	2.9	0.0	15.0	0.33	29.1		26.5	9.7
Iced Flat White	421	<b>99</b>	3.7	2.3	0.0	18.0	0.21	10.5		10.2	7.7
Iced Black Americano	17	<b>5</b>	0.1	0.0	0.0	0.0	0.00	0.6		0.3	0.3
Iced White Americano	182	<b>44</b>	1.6	0.9	0.0	15.0	0.09	4.6		4.3	3.3
Iced Mango & Passionfruit Cooler	135	<b>32</b>	0	0	0.0	0.0	0.02	8.0		4.8	0.1

## OPTIONAL EXTRAS

Drink Name	Energy (kJ)	Total Calories (cal)	Total Fat (g)	Saturated Fat (g)	Trans fat (g)	Cholesterol (g)	Sodium (mg)	Total carbohydrate (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
<b>Shorts</b>											
Add one sugar	34	<b>10</b>	0	0	0	0	0	2	0	2	0
Add 2 sugars	67	<b>15</b>	0	0	0	0	0	4	0	4	0
Add 3 sugars	101	<b>25</b>	0	0	0	0	0	6	0	6	0
Add a brown sugar sachet	34	<b>10</b>	0	0	0	0	0.0	2	0	2	0
Add 2 brown sugars sachets	67	<b>15</b>	0	0	0	0	0.0	4	0	4	0
Add 3 brown sugars sachets	101	<b>25</b>	0	0	0	0	0.0	6	0	6	0
Add a sachet of sweetener	8	<b>0</b>	0	0	0	0	0.0	0	0	0	0
Add a flavor shot to 8oz drink	44	<b>10</b>	0	0.0	0.0	0.0	0.0	3.0	0.0	3.0	0.0
Add a flavor shot to 12oz drink	54	<b>15</b>	0	0.0	0.0	0.0	0.0	3.0	0.0	3.0	0.0
Add a flavor shot to 16oz drink	76	<b>20</b>	0	0.0	0.0	0.0	0.0	5.0	0.0	5.0	0.0

Add a flavor shot to an 8oz Promotion Drink*	87	<b>20</b>	0	0.0	0.0	0.0	0.0	5.0	0.0	5.0	0.0
Add a flavor shot to a 12oz Promotion Drink*	109	<b>25</b>	0	0.0	0.0	0.0	0.0	6.0	0.0	6.0	0.0
Add a flavor shot to a 16oz Promotion Drink*	141	<b>35</b>	0	0.0	0.0	0.0	0.0	8.0	0.0	8.0	0.0

\*With sugar and sweetner